

## Healthier Packed Lunches

### What's in a healthy packed lunch?

At lunchtime, a child should have about a third of their daily nutrient requirements. This means they need food that will give them enough energy, protein, fibre, vitamins and minerals to be healthy.

A good packed lunch contains:

A starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, noodles. These foods are good for children to fill up on.

A good source of protein, iron and zinc such as meat, fish, beans, nuts or eggs.

A good source of calcium such as milk, cheese, yoghurt or fromage frais.

One portion of fruit and vegetables/salad. This provides all the other vitamins and minerals. A piece of fruit includes a piece of fresh fruit, dried fruit or tinned fruit in fruit juice. Vegetables could be fresh vegetables such as carrot sticks, salad or a vegetable soup/dish.

It is important that the packed lunch is varied as no single food contains all the nutrients needed to be healthy and function efficiently.

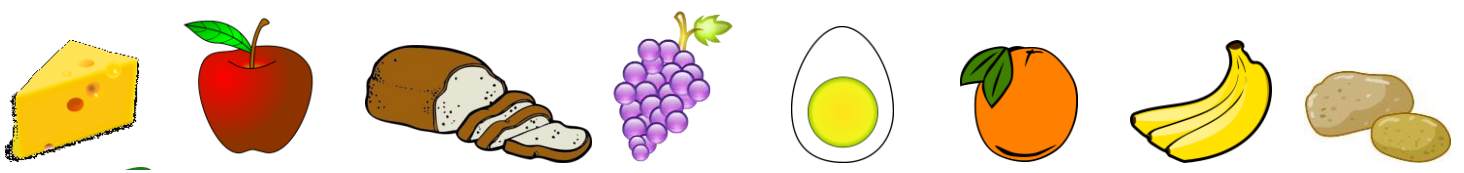
### What about snacks such as crisps, cakes, and sweets?

Sweets and chocolate are not allowed

Healthy crisps/cake are allowed in moderation

Maximum of 3 plain biscuits (not cookies/packs of biscuits)

**Drinks:** The school has a water-only policy, so please do not put any other drinks in the packed lunch. Fruit juice, fizzy drinks, and flavoured water are not permitted.



## Healthier Packed Lunches - Weekly Sample Menu

### Monday

Sliced beef and mixed salad in a roll, 3 cherry tomatoes & 1 kiwi fruit

### Tuesday

Couscous salad with diced lamb/chicken, low fat fruit yogurt & 1 banana

### Wednesday

Cheddar and coleslaw in a whole meal pitta, carrot sticks & two slices of fresh pineapple

### Thursday

Smoked mackerel or tuna sandwich, cucumber chunks, seeded flapjack &

1 apple

### Friday

Potato and egg salad, 1 fruit fromage frais, celery sticks & 2 easy peelers

For more information and advice go to:

[Eat Well Guide](#)

